

# Food Safety: Handwashing

WILKES HEALTH

# Why is handwashing important?

- ▶ Handwashing is the restaurant's first line of defense against foodborne illness
- ▶ Washing your hands regularly can reduce the amount of bacteria on the skin that causes illness

# When should you wash your hands?

- ▶ Before beginning work
- ▶ When entering food preparation area
- ▶ Before putting on single use gloves
- ▶ Before handling serving utensils, dishes, or other clean equipment
- ▶ Before handling or coming into contact with food
- ▶ When changing tasks (Ex: switching between raw meat and vegetable prep)
- ▶ After handling garbage, dirty dishes, or dirty equipment
- ▶ After sneezing, coughing, touching your face, blowing your nose, or rubbing your eyes
- ▶ After using the bathroom
- ▶ After handling animals

# How to properly wash your hands.



Wash your hands for at least 20 seconds. This is how long it takes to sing 'Happy Birthday' twice, or to sing your ABC's!

# What about hand sanitizer?

- ▶ Soap and water is the best way to reduce germs in a restaurant setting
- ▶ Sanitizer does not kill all germs, and does not remove chemicals from hands
- ▶ **Grease and grime:** Cases where hands are physically dirty are not effectively cleaned by hand sanitizer
- ▶ Use it in cohesion with soap and water (Ex: Wash hands, dry, then use sanitizer as an added germ barrier)
- ▶ **How to use:**
  - ▶ Apply to palm of hand and rub all over surface of hands until dry



# How can I make handwashing more effective?

- ▶ *The FDA recommends that the water temperature be at least **100°F***
  - ▶ *It's not as hot as you might think. Its only a few degrees hotter than our body temperature.*
  - ▶ *Warm water aids in the lathering of soap*
  - ▶ *Warm water takes more oils and dirt away*
- ▶ *Ensure you have enough soap to effectively lather your hands*



# Sources

- ▶ <https://www.cdc.gov/handwashing/when-how-handwashing.html>
- ▶ <https://www.fda.gov/food/retail-food-industryregulatory-assistance-training/retail-food-protection-employee-health-and-personal-hygiene-handbook#personal>  
<https://www.who.int/gpsc/5may/resources/posters/en/> - poster source
- ▶ <https://www.cdc.gov/handwashing/show-me-the-science-hand-sanitizer.html>